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SHARING.

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Neon Trees frontman opens up **PAGE 9**

Summer lovin', had me a ...

Grilled chicken topped with salsa **PAGE 19**

Man in hospital after shooting

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Lac-Mégantic a year later

Crowds pack Ste-Agnes church to remember the 47 people who died in a tragic train derailment **PAGE 5**



A SUDDEN-DEATH VICTORY

ROGER SLOAN WINS THE NOVA SCOTIA OPEN

PAGE 20

DEALING WITH THE AFTERMATH

A large uprooted tree rests against a house in Oakland, in Lunenburg County on Saturday. As forecast, post-tropical storm Arthur brought heavy winds to the province over the weekend, causing some damage and leaving tens of thousands without power. For the story, see page 2.

ANDREW VAUGHAN/THE CANADIAN PRESS



Patient pulls knife on paramedic: Cops

Dartmouth. Man becomes aggressive after EHS worker helps him start breathing again, police say



HALEY RYAN
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A Halifax paramedic found

himself in a scary situation Saturday evening when a man he had helped revive pulled a knife and chased him out of a Dartmouth apartment, police say.

According to Halifax Regional Police the paramedic was working on an unconscious man inside an apartment in the 200 block of Wyse Road around 6 p.m.

Staff Sgt. Bill Morris said once the man started

breathing again he became "very aggressive" and pulled a knife on the paramedic, who called for police assistance.

"If they don't feel safe they're going to call, like the general public," Morris said.

Officers arrived and arrested the man, who is due in Dartmouth provincial court on Monday. He is charged with assault with a weapon, uttering threats

Quoted

"We're there to help people."

Staff Sgt. Bill Morris, Halifax Regional Police
On members of emergency services

and breaching a court order.

"It was handled but it is still concerning, especially for the paramedic," Morris said Sunday. "Anytime a

weapon is pulled on a member of emergency services ... it's very concerning. We're there to help people."

In an email, the spokeswoman for Emergency Health Services Nova Scotia said they are very relieved the paramedic wasn't hurt but the paramedic occupation, like all first responders, "carries inherent risk."

Stacey Brown said the paramedic supervisor re-

sponded to the call alone, which is common for supervisors on a support unit. EHS workers don't carry weapons, Brown said, and are trained in "non-violent crisis intervention."

Brown said if medical communications officers suspect there could be danger on any call, paramedics wait for police before responding but "some situations are unpredictable."

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Photographer Gary Brinton braves the elements on the rocks at Peggy's Cove as residents begin to feel the effects of post-tropical storm Arthur on Saturday. CATHERINE TUTTON/THE CANADIAN PRESS

Clean-up time, Halifax

Arthur aftermath.
HRM asks citizens to help remove debris



PHILIP CROUCHER
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The municipality is asking for your help in cleaning up after post-tropical storm Arthur.

The Saturday storm brought high winds to the Halifax region, forcing the city to respond to more than 200 calls of tree damage.

"There's been definitely a fair bit of debris and trees down," said HRM spokesman Breton Murphy.

HRM is now asking people to clear any debris on their property that might touch the street in front of them.

The bundled-up debris, which HRM says can't weigh more than 75 pounds (34 kilograms) and must be able to be carried in an armload, will be picked up during regular green-bin collection — up to 10 bundles per household each week.

The municipality says crews' efforts are focused right now on main arterial roads, with work to begin on residential streets within the next few days.

"We want to make sure the streets are safe for everyone," said Murphy.

Need help?

Residents are asked to call 311 to report any downed trees, branches or other issues that may require help from municipal staff.

Environment Canada downgraded the weather system from hurricane status right before it slammed into the Maritimes on Saturday morning, but the storm still packed a punch, drenching parts of New Brunswick, toppling trees and knocking out power for more than a quarter-million people at its peak.

WITH FILES FROM THE CANADIAN PRESS



A tree lies on a Dartmouth street after toppling onto power lines during post-tropical storm Arthur on Saturday. ANDREW VAUGHAN/THE CANADIAN PRESS

Like nothing residents have ever seen

Megan Fisher considers herself lucky, after heeding advice to move her car from underneath a swaying tree on Saturday.

"About two minutes after we got back from moving the car to a parking lot ... it fell right where my car was parked," said Fisher, who lives in north-end Halifax. "It would have crushed it."

Fisher described seeing the nine-metre tree lying across her driveway.

"It was just crazy," she added. "I've never seen anything like it."

Mike Gange lives in Fredericton, one of the hardest-hit areas. He described hearing the buffeting winds tear down a maple tree in his front yard, damaging roof tiles and a rain

gutter as it fell.

"(There was) a great big crack, and then the whole front of the house got real dark because this 40-year-old tree split in half," said Gange.

Gange's home was not the only one in town damaged by the storm.

"I drove around today and we must have seen 25 houses with big, big trees down,"

he said. "In one place you couldn't get through there if you had an army tank."

Gange said he has not seen weather this severe in his 41 years in Fredericton.

"It's like a Tasmanian devil ripping through your backyard," he said. "It's crazy here. ... At times it rains so hard you can't see 10 feet in front of you." THE CANADIAN PRESS

Churning seas

Offshore waves of up to nine metres were reported Saturday morning off the southern coast of Nova Scotia.

- Closer to shore, they measured between three and five metres.

Finally into the swing of things

Halifax Jazz Festival.

Huge crowds take over nine-day event after Arthur impacts Day 1



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The scene of dancing, clapping crowds enjoying the sunshine and big band music at the Halifax Jazz Festival tent on Sunday was a far cry from Saturday's stormy weather when Arthur caused cancellations and flight issues, keeping many away from downtown.

Laura (Lulu) Healy, artistic director for the festival, said the opening weekend for the nine-day event was "very intense."

"We've been dealing with a lot of weather issues, a lot of flight cancellations, our headliner cancelled last night ... so that was a debacle," Healy said Sunday about Yasiin Bey, a.k.a. Mos Def, not arriving to perform with the Hypnotic Brass ensemble Saturday night.

The free daytime shows at the main tent, a Shai Maestro evening show and late-night jazz were cancelled Saturday, Healy said, but they still expected Bey's plane to come in from England until halfway through the opening set when they learned he hadn't gotten on the plane.



Members of the Dalhousie Swing Dance Society enjoy the Tuesday Night Band at the Halifax Jazz Festival main tent on Sunday. HALEY RYAN/METRO

"We watched the flight come across every hour and we had people waiting at customs ... and he wasn't there," Healy said. "We offered people refunds and ... the show went on."

Tropical storm Arthur "impacted us pretty seriously," Healy said, because thousands of people usually come out to Saturday shows. She's not sure yet how cancellations will affect funds and crowd numbers overall, "but we're just soldiering on."

Sunday was a "new start," Healy said, smiling in the sunshine near the main tent where hundreds enjoyed the swing bands.

Julia Arnott and other members of the Dalhousie Swing Dance Society enjoyed tunes from the Tuesday Night Band and The Big Valley Swing Orchestra.

"It's a good time being outside, and live music? What's nicer in the summer," Arnott said, adding Arthur wouldn't have kept her away from the tent Saturday

Headliner

The festival's main headliner, St. Vincent, performs after The Heavy Blinks at the main tent on Lower Water Street at 9 p.m. Monday.

night if swing bands were playing.

"It's fun. I basically ignore the audience, and we're just here to dance," she said.

Lake Echo. Police ID man who died in fiery crash

The RCMP have released the name of a man who died in a fiery, head-on crash on Highway 107 near Lake Echo.

Skilar Burneau, 21, of Halifax, died on scene due to the injuries he sustained in the accident.

RCMP say two cars collided head-on around 8 p.m. Friday near Exit 18, with one of the vehicles becoming engulfed in flames.

Burneau was a passenger in the car that caught fire, while the female driver was

Closure

Police closed down the highway in both directions between Exits 17 and 18 for several hours as they tried to determine the cause.

treated on scene for minor injuries.

The male driver of the other car wasn't seriously hurt. METRO

Serious injuries. Five arrested, one hospitalized following shooting in Spryfield

Police say a 46-year-old man has been hospitalized with serious injuries after a shooting in Spryfield.

Halifax Regional Police Sgt. Kevin McNeil said officers were called to the 0 to 100 block of Williams Lake Road at 8:21 p.m. Sunday for a weapons complaint.

"Information received indicated that a 46-year-old male victim had been shot," said McNeil. "The victim was taken to the QEII hospital with serious injuries, but it's unknown if they're life threatening at this time."

Forensic investigators and K9 units responded to the scene as containment measures, and McNeil said five people were arrested in short order.

There's no word on their ages.

Although it's not clear

yet what led to the shooting, McNeil said early indications are that it's not a random act.


"I think this is non-random. I think it's a specific act," he said. "I don't think this is a general public safety issue."

No weapon has been recovered and no charges had been laid as of Sunday night.



McNeil said major crime investigators would be at the scene for some time.


"We have an area between Williams Lake Road to Herring Cove road to Purcells Cove Road and we basically are working within that area to find out all the information we need," he said, adding local residents should stay in their homes until the police officers leave.

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Dartmouth. Man charged after cops say he pulled shotgun during dispute

A Dartmouth man is facing several charges after a weekend dispute involving a shotgun.

Halifax Regional Police say officers responded to the 0-100 block of Lahey Road at 3:48 p.m. Saturday, and learned that two men had gotten into an argument in the area.

One of the men left, but soon returned in a car —

and pulled a shotgun out of the trunk.

Another man who saw what was happening intervened and, after grappling with the suspect, was able to take the gun from him.

Officers soon arrested a 46-year-old man, who will appear in provincial court to face a series of weapons-related charges.

METRO

Pooch patrol. Cops smash truck's window to rescue dog that was 'in jeopardy'

Police have once again had to break a vehicle window to save a dog.

Halifax Regional Police say officers responded to the Costco in Dartmouth Crossing at 12:30 p.m. Sunday and found a small dog in a truck with the windows

slightly open.

The officer felt the dog's health "was in jeopardy," and smashed the truck's rear window.

The dog was placed in an air-conditioned police cruiser until it was returned to its owner. **METRO**

From Halifax to France, without leaving continent

'It's almost like going to Europe.' Canadian, U.S. and French sailors to race from Halifax Harbour to tiny French islands off Newfoundland

BRAEDON CLARK

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Halifax Harbour will be the launching point for a 350-mile international sailing race that ends at the tiny French islands of Saint-Pierre and Miquelon.

A fleet of sailboats will leave the harbour on Tuesday at noon as part of the seventh Route Halifax Saint-Pierre race, which will draw Canadian, American and French sailors.

The 18 boats and about 110 competitors will race along the Atlantic coast of Nova Scotia, through the Cabot Strait and on to Saint-Pierre and Miquelon, just off Newfoundland's



Scott MacLeod, race chair for Route Halifax Saint-Pierre 2014, at the Royal Nova Yacht Squadron in Halifax. CONTRIBUTED

Burin Peninsula.

Assuming good weather, the winning boat is expected to arrive in Saint-Pierre on Wednesday night. Of course, assuming good weather on the open ocean is never a sure thing.

"Any ocean course can be challenging," said Scott MacLeod, the chair of the race who will be racing his boat Easy Company. "There's lots of big wildlife out there: whales, sunfish and other marine animals that can pose a problem."

Quoted

"It could be an easy and uneventful passage or it can be very challenging for the ship and her crew ... Pray for the best but prepare for the worst."

Race chair Scott MacLeod

MacLeod said a variety of factors have to come together for a winning race, including good tactics and expertise among the crew.

One of the major appeals of the race is that it ends in a unique place, a French enclave thousands of miles from the homeland in Europe.

"There's a lot of camaraderie in bringing the French and English cultures together," MacLeod said. "It's interesting to go on an ocean race for a couple of days and end up in a different country. It's almost like going to Europe."

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A man touches a stone monument in front of Ste-Agnes church following a memorial service for the 47 victims of an oil-filled train derailment a year ago Sunday in Lac-Mégantic, Que. PAUL CHIASSON/THE CANADIAN PRESS

Lac-Mégantic remembers

One year later.

Forty-seven people died when a train pulling tankers of oil derailed and exploded

Hours after a solemn procession passed the spot where tragedy struck Lac-Mégantic a year ago Sunday, crowds packed Ste-Agnes Church to remember the 47 people who perished when a runaway train derailed in the centre of town and exploded.

First responders who plunged in to fight the inferno that erupted after the train jumped the tracks were given a resounding round of applause when they entered the church Sunday in long lines.

Framed photographs of the victims were on display alongside bouquets of flowers at the front of the church, which sits not far from the crash site. In a poignant, personal touch, a baseball glove lay in front of one man's photo.

"How many times has the whole community of Lac-Mégantic impressed us, by its wisdom, and its capacity to lift itself up?" said Sherbrooke diocese Archbishop Luc Cyr, who presided over the service.

"You have given us a beautiful message of dignity and strength. Yes, there have been tears and great suffering but at the same time there has been overwhelming generosity and love."

Some of those tears were being shed Sunday by people gathered outside the church to watch the service as it was projected onto a big screen metres from the derailment site. A number of people sat on lawn chairs and dabbed at their eyes.

The Sunday service was the latest commemoration in a weekend of events to remember the tragedy. A moment

of silence followed the ceremony and a monument to the victims in the form of a large granite book with their names inscribed was dedicated on the church's lawn.

Dignitaries including Gov.-Gen. David Johnston and Quebec Premier Philippe Couillard lay bouquets of flowers in front of the monument after attending the church service late Sunday morning.

Earlier Sunday morning, more than 1,000 people marched in solemn silence in the darkness after observing a moment of silence at 1:15 a.m. That was the exact moment on July 6, 2013, when the fuel-laden train derailed and exploded in a series of cataclysmic fireballs.

Many participants in the march wore glowing plastic stars on their chests. Several wiped away tears as they held hands with the person next to them.

Most stared sadly at the downtown area where dozens of buildings were gutted. To this day the zone remains off-limits behind metal fences as decontamination work continues.

Though a year has passed, the emotional scars in the community remain as deep as the physical damage that is still so apparent on the local landscape.

A half-dozen people left the march to sit side-by-side on the railway track, looking at their broken town.

THE CANADIAN PRESS

In memoriam

"I think it was important to do this to complete our mourning process."

Bernard Boulet, Lac-Mégantic resident whose sister Marie-France's body was never found

Michigan

15 saved from grounded boat

The U.S. Coast Guard says a cellphone conversation with a 13-year-old girl led its crews to a pontoon boat grounded in the Grand River with 15 people, 13 of them deaf and four lacking medicine for medical conditions Saturday.

THE ASSOCIATED PRESS

New York

Firefighter killed battling blaze

The Fire Department of New York is mourning the death of Lt. Gordon Ambelas, who became trapped while looking for victims in a public-housing highrise blaze, the first city firefighter to die in the line of duty in more than two years.

THE ASSOCIATED PRESS



Lt. Gordon Ambelas
NYFD/THE ASSOCIATED PRESS

Piper Navajo

Plane crash kills 11 in Poland

Polish prosecutors opened a criminal investigation Sunday into a plane crash that killed 11 people Saturday — parachuting instructors, students and the pilot.

The Piper Navajo plane crashed and burst into flames just minutes after taking off.

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Six arrests made in the slaying of a Palestinian teen

Israel. Leaders of the Middle Eastern state appealed for calm amid signs the Palestinian teen's death was a revenge murder

Israel arrested six Jewish suspects Sunday in the grisly slaying of a Palestinian teenager who was abducted and burned alive last week — a crime that set off a wave of violent protests in Arab sections of the country.

An Israeli official said there were six suspects and described them as young men and boys.

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed," Prime Minister Benjamin Netanyahu said in a nationally televised statement.

He promised to prosecute those responsible to the full

'Murder is murder'

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed."

Israeli Prime Minister Benjamin Netanyahu.

extent of the law.

The region has been on edge since three Israeli teens — one of them a U.S. citizen — were kidnapped while hitchhiking in the West Bank last month. Last week, the teens' bodies were found in a West Bank field in a crime Israel blamed on the militant group Hamas.

Palestinians accused Israeli extremists of killing the Palestinian youth in revenge. And on Sunday, Israeli authorities said the killers had acted out of "nationalistic" motives.

On Sunday, the situation

in east Jerusalem, home to most of the city's Palestinians, appeared to be calming down, as businesses and markets reopened, and roads that had been cordoned off were reopened to traffic.

Top Israeli officials expressed concern that the charged atmosphere of recent days had led to the boy's killing.

After the Israeli teenagers were found dead, several hundred Jewish extremists had marched through downtown Jerusalem calling for "death to Arabs."

Social media sites were also flooded with calls for vengeance.

Justice Minister Tzipi Livni said her ministry is investigating some of the anti-Arab incitement seen on Facebook last week. "These things need to be cut when they are small," she said. "At this moment, everybody's job should be to lower the flames."

THE ASSOCIATED PRESS



Dalai Lama greets Richard Gere at teaching event

Tibetan spiritual leader the Dalai Lama greets actor Richard Gere before teachings on the fourth day of Kalachakra near Leh, India, on Sunday, which marked the birthday of the Tibetan leader. Buddhist devotees from across the globe have arrived in the Himalayan region of Ladakh to attend the Kalachakra or Wheel of Time initiations by the Dalai Lama, which began Thursday. TSERING TOPGYAL/THE ASSOCIATED PRESS

Iraq

Video said to show leader of Islamic state group

Iraqi officials are working to determine the authenticity of a video that purportedly shows the leader of the Islamic extremist group

that has seized large swaths of the country delivering a sermon this week in the nation's second-largest city, authorities said Sunday.

The 21-minute video said to show Abu Bakr al-Baghdadi, the head of the Islamic State group, was reportedly shot on Friday at the Great Mosque in the northern city

of Mosul. It was released on at least two websites known to be used by the organization and bore the logo of its media arm.

Iraqi military spokesman Lt. Gen. Qassim al-Moussawi told reporters Sunday the country's security services are still analyzing the video.

THE ASSOCIATED PRESS

Riding out stock peaks and valleys



HOW TO ROLL
Alison Griffiths
metronews.ca

It took only six years for investors to get back to zero. On Wednesday, June 18, the major Toronto stock market index finally eclipsed the previous record high, set in 2008 (on the very same day, no less).

Just to prove it wasn't a fluke, the TSX Composite Index rang up a new high of 15,209 last Wednesday.

This means that if you had put \$100 into the TSX Composite Index six years ago you would have \$100 today. Whoop-dee-do!

Not quite so grim a story is that of total return, which accounts both for price of the stocks and dividends paid out by the listed companies. Between June 6, 2008, and March 2010, the TSX Composite Total Return Index plummeted 47 per cent from an all-time high

Just the stats

The best and worst TSX Composite Total Return Index:

- **Best 10 years:**
1990-2000 — 15.59 per cent average annual return
- **Worst 10 years:**
2000-10 — 2.84 per cent average annual return

of 37,051. But the index had completely recovered by April 2010 and then forged ahead, encountering a few bumpy patches along the way, to its current level of over 45,500.

So, running the numbers again and including dividends, that same \$100 invested in June 2008 would be worth nearly \$123. That's a mere 3.8 per cent average annual return, but, still, it's better than zero.

What's the lesson in all of this? There are three.

1. Dividends matter

Dividends can keep your portfolio afloat. While stock prices gyrate, dividends from blue-chip companies usually stay the course. During the recession, most of the biggest Canadian companies maintained dividend payments, though few increased them.

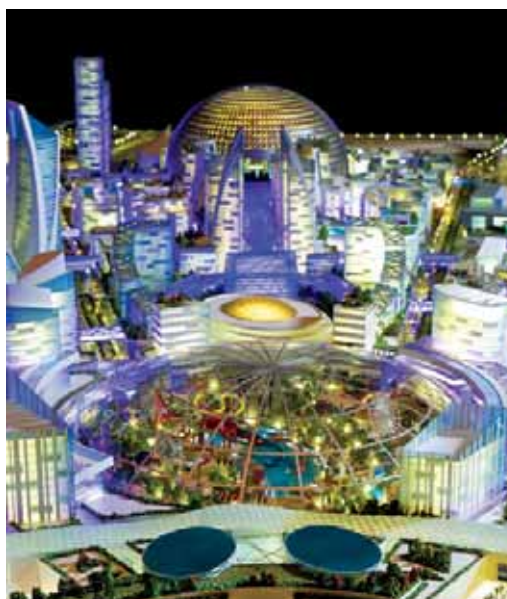
2. Time matters

Time heals most investment wounds. Investing at the top of the market hurts when there's a downturn, but history tells us that equities trend steadily upward over time, especially when you factor in dividends.

3. Regularity matters

It is true of our bowels and also of investing. Those who kept buying steadily through the recession and the subsequent recovery caught the highs but also the lows. This is called dollar cost averaging.

Whether the market goes up or down, keep these lessons in mind while investing.



Puts Mic Mac Mall to shame?

This image provided by Dubai Holding, a conglomerate controlled by the emirate's ruler, shows an artist's rendition of their planned Mall of the World. The shopping-loving city that is home to one of the world's largest malls wants to build one even bigger. Dubai ruler Sheikh Mohammed bin Rashid Al Maktoum has laid out plans for the project, which will include an eight-million-square-foot mall, a climate-controlled street network, a theme park covered during the scorching summer months and 100 hotels and serviced apartments. Dubai Holding gave no details on the cost or the completion date. DUBAI HOLDING/THE ASSOCIATED PRESS

President el-Sissi

Egypt raises beer, wine and cigarette taxes

Egypt's president decreed an increase in sales tax on cigarettes, beer and wine, the latest in a series of price hikes that aim to ease the country's staggering budget deficit.

The decision announced Sunday increases a flat tax on local and imported cigarettes to between 25 and 40 cents per pack, depending on the brand. It doubles an already existing tax on beer, from 100 per cent to 200 per cent, and increases the tax on local and imported wines to 150 per cent.

Since assuming the presidency last month, former military chief Abdel-Fattah el-Sissi has vowed to take tough decisions to deal with the country's battered economy, and bring it out of the bottleneck within two years.

THE ASSOCIATED PRESS

BE-BOLD? NO, WE CAN BE BETTER

So Joe Ramia, developer of Halifax's new, significantly publicly financed \$500-million convention-centre-hotel-office-residential-retail behemoth, is suing Heritage Trust and its 27 volunteer directors for what could be tens of millions of dollars for their "persistent efforts to quash downtown development," including his.

Last week, 300 of Halifax's self-anointed finest — "just rattle your bracelets," as John Lennon said — cheered Ramia in a full-page Chronicle Herald "It-Pays-to-be-Bold" advertisement patronizingly ordering Heritage Trust to "focus on their own mandate and leave the business of economic development to those who step up to advance our city."

Perhaps the Be-Bold Brigade should read recent city history to glimpse the days of future past they're so eager to recreate.



URBAN COMPASS
Stephen Kimber
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If developers and their Be-Bold sycophants had had their way back in the 1960s, a six-lane scar of an expressway would now slash through downtown on its way to ... well, who cares? Paving equaled progress.

Thanks to earlier, equally derided preservationists, who refused their betters' instructions to get lost, we now have Historic Properties, stunning views of the harbour and a lively waterfront — all of which today's Be-Bold convention and cruise ship promoters use to attract the visitors to make downtown commercially viable.

But it's different today, they say.

Maybe.

But ask yourself what side today's Be-Bold Brigade would have taken in that 60s debate? And what if they'd won?

Their bully-boy piling on becomes worse when you

realize the facts don't even support their mean-spirited attacks.

The Be-Bolders should answer a few questions.

How many downtown developments has Heritage Trust challenged? Out of how many? Over how many years? How many successfully?

In its request for a judicial review of Halifax City Council's decision to bend its own rules for Ramia's Nova Centre, did Heritage Trust seek an injunction to delay construction?

Was heritage obstructionism — or the lousy economy — the reason so many approved developments went un-built in the first decade of this century? And, considering the Be-Bolders self-declared economics pedigrees, why was it the preservationists who asked the right questions about the business case for investing \$400 million in public money over the next 25 years for a convention centre?

One question we won't need to ask: Who'll be first to complain when their taxes go up? Just rattle your bracelets.

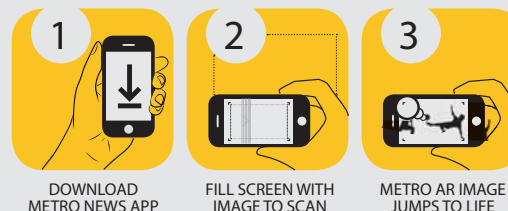
JUMPING WITH THE BULLS



A reveller jumps from a fountain onto the crowd below, after the launch of the "Chupinazo" rocket, to celebrate the official opening of the 2014 San Fermin fiesta in Pamplona, Spain, Sunday. For more photos of the fiesta, scan this image with your Metro News app. ANDRES KUDACKI/THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 9 in Scene and page 21 in Sports

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When in Michigan ... 80-foot spit takes annual cherry pit-spitting contest

When it comes to pit-spitting, it's tough to beat the Krause family, who on Saturday maintained their dominance in the 41st International Cherry Pit-Spitting Championship in southeastern Michigan.

Brian Krause took top honours with a distance of 80 feet, eight inches (24.59 metres), said Monica Teichman, who runs the market at Tree-Mendus Fruit Farm in Eau Claire, just north of the Indiana state line.

Coming in second this year was Brian's father, Rick, with a spitting distance of 77 feet, 7-1/2 inches (23.66 metres). Kevin Bartz took third with 64 feet, eight inches (19.71 metres).

Last year's big winner was Matt "BB Gun" Krause with a distance of 41 feet, 6-1/2 inches

Spitting in the wind

"We had some really good spits here. The breeze felt good, but ... it wasn't good for spitting. We needed to change because we would have been spitting into the wind."

Organizer Monica Teichman on changing the direction of spitters

es (12.66 metres).

The Krause family has won 26 of 41 of the contests since farm owner Herb Teichman launched the tournament in 1974 as a lark — but also to mark the region's tart cherry harvest.

Brian Krause holds the record spit of 93 feet, 6-1/2 inches (28.51 metres), set in 2003.

More than 100 people tried to qualify Saturday for the championship round.

A strong breeze may have accounted for the long distances after organizers changed the direction of the spitting, organizer Monica Teichman said.

"We had some really good spits here," she added. "The breeze felt good, but ... it wasn't good for the spitting. We needed to change because we would have been spitting into the wind."

This year's winner received tee time at a nearby golf course, a plaque, a medal, work gloves, a drill bit set and various gift certificates.

THE ASSOCIATED PRESS

Papa's Pamplona

Thousands of people have crammed into the main square and adjacent narrow streets of Spain's Pamplona for the start of the famed San Fermin running of the bulls festival.

The fiesta, an uproarious blend of hair-raising daily bull runs and all-night partying, was immortalized in Ernest Hemingway's 1926 novel *The Sun Also Rises*.

THE ASSOCIATED PRESS

By the numbers

3,500

The regional government of Navarre said this year's festivities would be patrolled by 3,500 police to keep the adrenaline- and alcohol-fuelled events as safe as possible.

Firework rocket?

Revellers wearing traditional white outfits trimmed with red neckerchiefs and cummerbunds gathered for Sunday's launching of a firework rocket, which signals the beginning of the nine-day festival.

- Animal rights activists protested Saturday, warning that 48 bulls are killed at the festival each year.



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Billy Connolly (Brave, Lemmy Snicket) narrates this Scottish retelling of Aesop's moral fables, collected and translated by Nobel Prize-winner Seamus Heaney. The old Scots performed these tales of animal trickery and rascality with a delightful rhythm of speech and the inventive depth of folk wisdom. Enhanced with video extras, animations, and insights, it's an engaging and provocative cultural study.

25th anniversary

Seinfeld stands
the test of time

Saturday marked 25 years since the airing of Seinfeld's pilot, the first of 180 episodes that would rewrite TV history.

In a tribute to the comedy about nothing, Time magazine says it's remarkable that the show didn't really spawn any legitimate imitators, which speaks to just how unique and irreplaceable it was.

THE CANADIAN PRESS

Neon Trees singer comes clean on Pop Psychology

Tyler Glenn. With two hit albums already under his belt, frontman hopes good things come in threes and finally reveals what it's like to be a gay Mormon rock star

LISA
WEIDENFELD
Metro in New York City

Neon Trees frontman Tyler Glenn has never shied away from being himself onstage, but with the release of a new album, Pop Psychology, he decided it was time to open up a bit more about his private life.

In April, he came out as gay via a Rolling Stone interview. And not only gay, but a gay Mormon, an unusual combination in pop culture. It capped a rough period in Glenn's life, where he was having trouble keeping his cool onstage. With the help of a therapist and a supportive producer, Glenn decided he was ready to share the news in a big way.

Glenn actually only started coming out to people in his life at the tail end of the production process for Pop Psychology.

After working with producer Tim Pagnotta on finishing the album, Pagnotta expressed some curiosity about what the new songs were about, and Glenn decided to share his secret.

"I think his reaction in-



Neon Trees frontman Tyler Glenn says he used to have trouble keeping his cool onstage. GETTY IMAGES

spired me to tell everyone else because he responded in such a loving, almost congratulatory way, which was really something I never put together with being gay," says Glenn.

That said, he's pleased to be a spokesman for equality who is both gay and religious. "A lot of the time we

see in the media, like, it's either religion or it's being gay and I think the two can live in the same sphere," says Glenn.

Asked if he thinks it's important to public figures to come out, Glenn replies honestly, "I used to not. I get people doing it on their own time, in their own way,

and I don't know everyone's situation, but I do think it's important."

Of course, his news has "turned a lot of heads in Utah," where Glenn lives, but he's happy to be a role model on this front, despite some discomfort with the idea in the past.

"I'm really glad that some people feel like they have a voice now, and ... if that's the role model I can be, then I'm comfortable with that," says Glenn.

For those wondering if Glenn was trying to hide something on prior records, he says he thinks the older songs are honest representations of who he was at the time.

For the song Teenage Sounds off the band's second record, Picture Show, a lyric like "I'm sick of being called a fag because I'm queer," once reflected people's reaction to his flamboyant style of dress.

"Now that means more to me, obviously, and I think it means more to people," says Glenn.

AUGMENTED REALITY

→ Want to hear Tyler Glenn sing? Scan this photo with your Metro News app for a video of Neon Trees' song Sleeping With a Friend.



→ See the full instructions on Metro's Voices page.

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TOP SIX @ 6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 DJ Snake ft Lil John Turn Down For What
- 5 Disclosure ft Sam Smith Latch
- 4 Ariana Grande ft Iggy Azalea Problem
- 3 Chromeo Jealous (I Ain't With It)
- 2 Sam Smith Stay With Me
- 1 Iggy Azalea ft Charlie XCX Fancy

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2 SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Adam Levine: He's not like the rest of us



STARGAZING
Malene Arpe
scene@metronews.ca

Adam Levine says that he's not going to be one of those celebrities who pretends he does his own laundry and house cleaning, and also that he has no patience for actors who agree to speak to media but then act upset when asked a question. This puts me in the uncomfortable and upsetting situation of having to stop pretending I hate Adam Levine.

Beyoncé projects Justin Bieber's mug-shot on a big



screen during her tour with Jay Z and tells the audience, "Even the greatest can fall." What that sentence has to do with Justin Bieber remains unclear.

Someone stole the Amsterdam bench Shailene Woodley and Ansel Elgort sat on while kissing in *The Fault in Our Stars*.

"We have absolutely no idea what you're talking about," said four teenage girls while smiling wistfully under their

balACLAVAS.

The producers of *Better Call Saul*, a pre-Breaking Bad timeline Breaking Bad spin-off, say they've found a way to bring Walter White into the story. Ideas include Walter White walking past Saul's office, Walter White dialing the wrong number and getting Saul's office and Walter White staring out the dirty window of a bus passing Saul's office.

This week in *Really Boring Things Involving People Named Jennifer*: 1) Jennifer Garner and Ben Affleck celebrate their ninth anniversary by eating steak and oysters at a restaurant in Michigan. 2) Jennifer Lawrence places 11th, Jennifer Lopez places 33rd and Jennifer Aniston places 77th on Forbes Celebrity 100 list.



Demi Lovato

Demi Really Don't Care about Selena's drama

Selena Gomez has one less BFF in her corner to count on, as fellow former Disney star Demi Lovato is reportedly done with the serial Justin Bieber-dater, according to *Hollywood Life*.

Last week, just before the Fourth of July holiday, Lovato un-followed Gomez on Twitter, so we know it's serious. She also posted then quickly deleted a rather cryptic

tweet: "Swimming away from the bulls— bye b—h." According to sources, Lovato — who is clean and sober — had been finding Gomez a "headache" she needed to cut loose. "Demi tried to help Selena with her substance problems and also getting rid of Justin from her life and it is apparent Selena refused to listen to Demi's advice," a source says.

Old married Jessica won't be acting like a Newlywed



Jessica Simpson

Jessica Simpson and Eric Johnson were married over the weekend in front of 250 friends and family at the luxurious San Ysidro Ranch, located in Montecito in Santa Barbara County, Calif., according to *E!* Online.

The big day comes after months of planning and several years of engagement, as Simpson first confirmed her plans to marry Johnson in November 2010. They have two children together, 2-year-old daughter Maxwell and 1-year-old son Ace. As Simpson explained during a visit to *Good Morning America* earlier this year, there were no fears of either getting cold feet at this point.

"I already feel like we're an old married couple," she said. "Like, if he wanted to run, he could've run when I was hormonal and pregnant."

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ABC INSURANCE



For all of its 50 years in business, ABC Insurance has been located in Dartmouth. CONTRIBUTED

Celebrating 50 years of ABC Insurance

ABC Insurance is celebrating 50 years of being in business. During that time, the Dartmouth-based insurance broker has grown to become one of the largest independent brokerages in HRM.

While there is no one reason behind the company's success, a focus on treating its clients well and being available for them is definitely one of the factors. Clients appreciate the fact they get a live voice when they call ABC. In fact, there's no voicemail.

Another factor is the company's strong community ties. Since its inception, the company has always been willing to help out

with charitable donations or volunteering time with worthy causes.

Being active community members also gives the staff valuable insight into the insurance needs of its clients.

As an insurance broker, ABC works for you and fights on your behalf. It sells products from more than 10 of Canada's largest insurers and clients know they have a good amount of choice when getting an insurance policy. This choice also helps ensure the client gets great value for their insurance.

ABC sells the staples of insurance products, such as auto insurance, property insur-

ance, commercial insurance and marine (boat) insurance, travel and life insurance, and leisure products such as ATV, motorcycle, travel trailer and cottages. This allows for one-stop shopping for clients.

ABC also offers insurance coverage for non-traditional things, such as new home construction insurance and hole-in-one insurance.

At present, the family-run business is being operated by the second generation. However, members of the third generation are already working in the business and they will take the reins in the future.

While longevity is a good indication of success, so too are industry awards. In 2012, ABC was honoured as the Insurance Brokers Association of Nova Scotia's (IBANS) Brokerage of the Year. It was selected because of dedication to ongoing education for staff, outstanding customer service and forward-thinking initiatives (such as becoming a paperless office in 2008). Tom Anderson was honoured with the IBANS Volunteer Service Award in 2013 for his community involvement in supporting local youth sports and commitment to volunteering through his work with the Special Olympics.

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[intact]
INSURANCE

INSIDE THE ANATOMY OF A CAR INSURANCE RATE

To put it simply, the way car insurance is priced is quite complex.

"There are many variables which go into the pricing of auto insurance," says Roslyn Kozak, the technical operations manager with ABC Insurance. That being said, there are two major factors which will determine the premium an individual will pay.

The first factor is the driver of the vehicle and his or her driving record. Not only will an insurer be looking at how long an individual has had their drivers licence, it will also look at their number of driving tickets, how many accidents they have been involved in, how long they have been insured and whether they have taken a driver training course.

The second major determinant is the type of vehicle one drives and there are a number of factors which are taken into account. For example, the insurer will look at how the vehicle holds up in a small or large collision, how its



There are many factors which determine one's car insurance premium, including the likelihood the model of vehicle will be stolen. CONTRIBUTED

occupants will fare in a collision, the availability and cost of parts to repair vehicles, and how likely that vehicle could be stolen.

One interesting development related to this is the impact safety advances in today's vehicles have had on the premium.

"A lot of people are expecting the rates to be quite a bit higher," says Kozak.

In fact, she has noticed that in some cases, the premium has dropped when people bought a new vehicle. Traditionally, newer cars were more expensive to insure than older ones.

One example of a safety advance is today's bumpers. They are designed to better absorb the impact of a collision so as to not affect the structural integrity of a vehicle, which helps minimize the damage to the rest of the vehicle and its occupants.

"A lot of people are surprised there are so many factors we take into account," says Kozak.



Telematics looks at how a person drives, such as how much they drive and whether they speed to more accurately price their car insurance. CONTRIBUTED

Telematics to revolutionize the car insurance industry

Driving habits to help price insurance rates

It sounds like an idea from the future, but it already exists. Telematics is a way of using technology in a vehicle to set an individual's car insurance rate. By examining people's driving behaviours, insurers are more accurately able to price the risk they present.

Telematics looks at how an individual drives, such as whether they speed, engage in hard braking or sudden acceleration, the time of day they drive, whether they wear a seatbelt, and the total distance they drive. (It's also called usage-based insurance.)

"There's a lot of talk about it in our

industry," says Roslyn Kozak, the technical operations manager with ABC Insurance.

With telematics, the safer an individual drives, the lower their premium is.

"It's a way to monitor and reward people who are taking all the right precautions," says Kozak. "Right now, we don't really have a way to do that."

Telematics isn't available nationwide in Canada, but it does exist in provinces such as Quebec and Ontario. Kozak expects it to eventually roll out to smaller provinces like Nova Scotia.

In late May, a survey was released by Desjardins General Insurance Group (DGIG) about the impact telematics was having on its drivers in Quebec and Ontario who had signed up for the program. The survey found "more than two-thirds of respondents agreed with the statement that they pay more attention to acceleration and braking since signing up for the program. In addition, 50 per cent agreed that they've become safer drivers since they installed the... telematics device in their vehicle and began monitoring their own driving habits online. Almost 30 per cent also said that they were now more conscious of how much they drive, and have tried to drive less when possible."

According to an article on canadianunderwriter.ca, experts feel that by 2020, more than 15 per cent of car insurance policies in North America will be underwritten with some form of telematics.



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Working with an independent broker

Locally owned means knowing client needs

ABC Insurance is a locally-owned insurance broker, meaning it sources insurance products from a number of insurance companies and selects the products which best fit its clients' needs.

ABC is a member of the Insurance Brokers Association of Nova Scotia (IBANS), the provincial association for independent insurance brokers in the province.

On its website, IBANS highlights a number of reasons why choosing a broker is a consumer's best option, as opposed to choosing an insurance agent who only represents one company, or working with an online insurance company.

Choice is one of the benefits. Not all insurance policies are the same and ABC can find one that is best suited for a client's needs. As well, because ABC works with a number of insurance companies, this choice helps ensure it can get the client the best possible price.

Because a broker works for the client, they are there to advocate and fight on your behalf.

"At the time of a claim is when brokers truly shine," says IBANS' website. "Brokers



The team at ABC Insurance is there to advocate and fight on your behalf. CONTRIBUTED

have the expertise to guide you through this stressful time ensuring that you are treated fairly and empathetically throughout the process. Remember we work for you, not an insurance company."

Another benefit is that brokers are licenced insurance professionals. At ABC, its staff is highly educated and possess many important industry designations which ensure its clients'

insurance needs are being met.

An added bonus is that as an IBANS member, ABC is also bound by the Federal Privacy Act and the association's own code of ethics.

Insurance is a very important purchase, so it's crucial to work with a professional.

"The purchase of an insurance policy is one of the most important decisions that we make in our lives," says IBANS' website. "It

protects the assets that we have worked hard to acquire, including our homes, automobiles, or businesses."

Perhaps most importantly, as an independent family-owned broker, ABC plays an important role in our community, both as an employer and supporter of the community. As the company's slogan says, "We are the ones your friends recommend."



Carmen Kerr says ABC Insurance offers "one-stop shopping for all your insurance needs."

CONTRIBUTED

If you can think of it, you might be able to insure it

ABC Insurance has access to the products people have come to expect from insurance brokers, such as auto insurance, property insurance, commercial insurance and marine (boat) insurance. However, ABC offers much more than those staples. It also offers travel medical and trip cancellation/interruption insurance, and leisure products such as travel trailers, motorhomes, motorcycles and ATV's.

"We offer one-stop shopping for all of your insurance needs," says manager Carmen Kerr.

The types of insurance don't end there either.

ABC has access to many unique forms of coverage. If you can think of something to insure, it may be possible to insure it.

"You name it, we can insure it," says Kerr. "We have many markets we can go to."

Some of the less thought of coverages ABC has access to include hole-in-one insurance. This type of insurance is used in golf tournaments where sponsors offer prizes like cash or a car for getting a hole-in-one on a specific hole. If a lucky golfer gets an ace, the sponsor will only be out the cost of the policy, which is certainly a better deal than

having to pony up cash or pay for a new vehicle. Are you building a new home? Did you know that you must purchase new home construction insurance? Did you also know that purchasing it before the foundation is poured can save you money? There are different rates for new home construction insurance depending on when you purchase it, so purchase it early to ensure you receive the best rates.

One other example of coverage people can get from ABC is liquor liability insurance. This type of coverage would cover a person in the event they host a party and someone who attends the party drinks liquor and then gets into a car accident. The bottom line is if there is something you are interested in insuring, it's a wise idea to speak with the people at ABC Insurance because more than likely, they'll be able to insure it for you.

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Roslyn Kozak says that water damage and sewer back-up claims are close to becoming the number one type of property insurance claim. CONTRIBUTED

WATER DAMAGE ON THE RISE

Traditionally, fire claims added up to be the number one claim on home insurance policies. However, that is changing.

"Water damage and sewer back-up is close to becoming the number one type of property claim," says Roslyn Kozak, the technical operations manager for ABC Insurance.

As of 2012, the Canadian insurance industry was paying \$1.7 billion out annually in claims due to water damage, says the Insurance Bureau of Canada (IBC).

So, just what is water damage? Water damage is a sudden and accidental escape of water from a heating or plumbing device, such as a pipe bursting in the wall or the entry of water into your home through an opening created by an insured peril, such as a tree falling on

the roof and then water entering through the hole created. Sewer back-up damage is the backing up or escape of water from a sewer, sump or septic tank.

Water damage is not flooding that occurs as a result of severe weather, repeated leakage and seepage, or water that comes in through a window or door well.

It is important to note that overland flooding is not something that people can buy coverage for on a homeowner's policy.

"Because of finished basements, we're seeing more water damage claims," says manager Carmen Kerr.

Today's finished basements are often loaded with valuables, such as a high-end electronics entertainment room.

Insurance companies are changing the

way they deal with water damage.

For example, there may be an increased deductible for a water damage or sewer back-up claim.

As well, some insurers are charging individual premiums for water damage. In areas where there is a greater chance of water damage, people are being charged higher premiums and they may even be limited to the amount they can claim.

Homeowners can prepare for this. It is a good idea to have a sump pump and install a backwater valve, a device which prevents sewage in an overloaded sewer line from backing up into your basement.

Some insurance companies are offering discounts for people who have sump pumps, backwater valves and septic systems.

The ABC difference

Community involvement among many ways ABC Insurance is better serving its clients

When placing a phone call to ABC Insurance, it doesn't take long to realize the company is different, but in a good way. After speaking with a live receptionist, if you can't reach the person you are trying to connect with, a live person will take a message — you won't be put through to voicemail. In fact, ABC doesn't even have voicemail. This focus on providing a more personal experience and being available for clients is just one of the things that resonates with clients.

As one of the largest independent brokerages in HRM, ABC offers products from more than 10 of the largest insurance companies in

Canada. This ensures there is lots of choice for clients, and they can get a policy that best suits their needs.

ABC is conveniently located at 159 Wyse Rd. in Dartmouth, just steps from the base of the Macdonald Bridge. This convenient location is accessible for clients in Halifax, Dartmouth, Sackville and the Eastern Shore.

The ABC team is deeply involved in the community, always ready to help out by participating at an event for charity or making a donation to a worthy cause.

"The staff and company are active in community involvement," says Tom Anderson,

ABC's president.

In 2013, Anderson was honoured by the Insurance Brokers Association of Nova Scotia (IBANS) with the Volunteer Service Award for his work with the Special Olympics. The staff is also highly educated and possess many important industry designations and certifications.

"We're experts in what we do," says manager Carmen Kerr.

The company is also forward thinking. In 2008, the office went paperless. It has also upgraded its equipment to more environmentally-friendly equipment. Its website, abcinsurance.ca, has a live chat feature where people can speak with an ABC broker in real time and the company also has an active social media presence.

It is for reasons like this the company was honoured in 2012 as the Brokerage of the Year by the IBANS.

Perhaps the biggest proof of ABC's success is most of its business comes from referred business, the ultimate sign of satisfied clients.



Tom Anderson says ABC Insurance's active community involvement helps it better serve its clients. He received a volunteer service award last year. CONTRIBUTED



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Both the second and third generation of Andersons currently work at ABC Insurance. CONTRIBUTED

50 years of satisfied clients

ABC Insurance is celebrating 50 years in business, but if you were to look at the last names of the people running it, you wouldn't think much had changed.

The company was started in 1964 by Glen Anderson and Bob Brown. Using their last names, the two came up with the name Anderson Brown Company Insurance — or ABC Insurance for short.

ABC has always been located in Dartmouth and was originally located in Portland Street. Today, it is located at 159 Wyse Rd.

While the two founders are no longer involved in the business, two of their sons, Tom Anderson and Carmen Brown, became involved in the business a little over 30 years ago. About 20 years ago, Tom and Carmen purchased their fathers' interests in the business.

Today, Tom continues as president, and also acts as a commercial lines broker.

Looking to the future, a new generation of family members will be at the helm of ABC. Tom's children, Haley and Mark, both currently work for the company and have been

tapped as its future leaders. While Tom didn't work in the business as a child, he learned a lot about the business through osmosis, whether it was his dad fielding calls from clients at home during supper, chatting with a client about a policy at a hockey rink or going on a sales call.

Tom says the biggest lesson he learned from his father was to "treat people fairly and give them the best product for their needs."

That approach still exists today as the company focuses on making its staff available to customers and forming strong relationships with clients.

"It's always the same person and that person is with you long term," says Roslyn Kozak, ABC's technical operations manager. "That person gets to know you and your needs. They are somebody you know and trust and can count on to call them when you need them."

The staff takes great pride in maintaining these relationships and they are focused on clients' long-term interests, just like the company's founders were 50 years ago.

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Are you a money moron? It's time to change your ways

Finance flubs. If you lack an emergency fund or are paying off debt with other debt, you need to read this



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

It's easy to make mistakes with your money, particularly when so many other people are doing exactly the same thing you are. How bad can it be if everyone is doing it? Have a look to see how many of these money mistakes you are making:

Carrying a balance on credit cards or on a line of credit

Sadly, many people don't even know how much they owe. They keep their debt in little piles, never adding it up so they don't have to face the truth. They say things like, "My debt isn't anywhere near as bad as my sister-in-law's," and then pat themselves on the back. If you're carrying a balance, it means you're spending more money than you make. Stop.

Letting expenses get out of control

Expenses have a tendency to creep up. Up, UP. And if you aren't paying close attention,



Buying a house that's beyond your budget can leave you living on the financial edge indefinitely. ISTOCK

they can eventually exceed your income.

When was the last time you looked over your bills to see how much they've gone up? Has your income gone up as much as your hydro, cable, and gas bill?

That's why a spending journal is so important. Writing it down consistently keeps you paying attention to the details.

Taking payday loans

What the hell are ya thinking? If you can't afford to live on what you're making now,

how are you going to make it through next week when you have to repay the loan, plus the interest (upwards of 700 per cent, when you include the fees)? If you need money that badly, sell something or get another job.

Having no emergency fund

Experts have been touting the importance of having an emergency fund since Betty White was a lass. So why is it that so many people still don't have enough (or any) money set aside, just in case?

The rule of thumb is that

you should have enough cash to cover six months' worth of essential expenses. Cash in the bank means you have options so you can deal with whatever life throws at you. No cash, no options!

Buying a house that's too expensive

Little money down, amortized forever has led people to believe they can afford houses that are more expensive than they can actually manage.

If you had to save 20 per cent of a \$400,000 house —

that's \$80,000 — you might think twice about buying such an expensive house.

I know real estate values have gone through the roof, but that's no excuse for strapping your cash flow to the point where you're living on the edge all the time.

Paying only the minimum amount on debt

If you haven't made a debt repayment plan that has a specific end date, you're spinning your wheels.

The only way to get debt free is to do the math. Divide what you owe by the number of months until you want to be out of the red. Add your monthly interest costs. That's how much you have to pay to be done with debt.

Using debt to repay debt

If you're using balance transfers or cash advances on credit cards to make minimum payments, or using your line of credit to pay your minimum on your credit card, you're a full-fledged money moron.

This used to be illegal, but in the name of marketing and selling more credit, the balance transfer (using credit to pay credit) was created and now the line is so blurred that people think it's fine.

It's not. And it's going to catch up with you eventually.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.

Twitter overuse may shorten marriage: Study

Facebook's risky too.

Social network use has a dark side when it comes to impact on romantic relationships, research finds

Heavy Twitter use can lead to conflicts and other damaging effects on marriages and romantic relationships, a study said Thursday.

The study followed up on previous research that showed similar impacts for Facebook and raises questions about whether social network use in general is bad

for relationships.

The study, appearing in the journal *Cyberpsychology, Behaviour, and Social Networking* found that "active Twitter use leads to greater amounts of Twitter-related conflict among romantic partners, which in turn leads to infidelity, breakup, and divorce."

The author, University of Missouri doctoral researcher Russell Clayton, concluded that these findings add to the evidence about social network use's dark side for personal relationships.

Clayton's research published in the same journal last year found that a high level of Facebook usage was

associated with "negative relationship outcomes."

The journal's editor-in-chief Brenda Wiederhold said these findings highlight the need for more study on social network use.

"Since much of the social networking research is in its infancy, we do not know if other media, such as Instagram will also impact relationships in a negative way," she said in a statement.

The latest study surveyed 581 adult Twitter users. Clayton found that the more often a respondent reported being active on Twitter, the more likely they were to experience Twitter-related conflict with a partner. AFP



Too much tweeting or Facebook can mean you might find yourself all alone with your laptop — and no spouse or significant other, research shows. ISTOCK

Pre-college students get a final push schoolward

'Summer melt.'

Money problems, housing issues and other details cause many students to abandon higher education plans

The excitement of acceptance into that dream college has passed. The first day of classes is still weeks away. But the resources provided by high school teachers and computer labs are no longer available for recent graduates.

Education researchers and academic counsellors call it "summer melt," the precarious time when some college-bound students fall through the cracks, at risk of abandoning their higher education plans entirely.

In St. Louis, a drop-in counselling centre helps such students negotiate financial aid agreements, housing contracts and the other many details of college enrolment. School districts in Chicago, Dallas, Miami, Minnesota and West Virginia are among those using text messages to keep aspiring

Precarious time

"Students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Ben Castleman, professor and former Harvard researcher

college students on track.

"You get the acceptance letter and start the celebration," said Shauna Cunningham, a high school guidance counsellor who's spent the past two summers at the St. Louis Graduates High School to College Center. "They don't realize all the other steps."

Recent studies by Harvard University's Center for Education Policy Research found that an estimated 20 per cent of graduating seniors from urban school districts in places such as greater Boston, suburban Atlanta, Dallas and Fort Worth, Texas, abandon their plans to attend college over the summer.

Among prospective community college students, the summer melt rate increases to about 40 per cent, said former Harvard researcher Ben Castleman, now an assistant professor of education and public policy at the University of Virginia.

A lack of financial aid is to

blame in about half of those cases, Castleman said. But students also wind up getting derailed by much less significant hurdles, from failing to meet course enrolment deadlines to registering for summer orientation programs.

"The idea was that if you could get a kid to graduate from high school, they'd been accepted, and chosen where to go, (then) that student was going to show up," he said.

"What our work shows is that in fact, students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Daisha Tankins, 19, had planned to attend Spelman College in Atlanta after graduating from a St. Louis high school last summer. But unable to afford the private college and unwilling to go into more than \$100,000 in debt after four years, she enrolled at Harris-Stowe State University in her hometown.

Like Spelman, it is a historically black school, but with far more modest costs.

Tankins now works as a peer mentor at the St. Louis counselling centre.

"A lot of students are bewildered and can't understand the magnitude of what's going on," she said.

School districts and colleges are beginning to find that reducing summer melt doesn't require dramatic intervention.

For just \$7 per student, school districts in Lawrence and Springfield, Mass., were able to boost their number of college-bound graduates, according to research by Castleman and Harvard colleague Lindsay Page.

Students received introductory text messages such as "We want to help you w/ college! Stay tuned for key summer to dos. Save this #, you can txt us for help!"



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Their parents received similarly tailored messages with reminders about financial aid, orientation enrolment, tuition bill deadlines and campus health insurance.

On a recent weekday afternoon, St. Louis high school graduate Kelcee Burton stopped by the drop-in counselling centre just blocks from Washington University, which donated the storefront to the non-profit group St. Louis Graduates.

Burton has been accepted at the University of Missouri and expects to receive roughly \$18,000 in grants for the com-

ing year. But gaining admission was only the start for Burton, who was four when her mother died and has spent the past year living with a friend after her father remarried.

There are immunization records to track down and a housing waiting list to manoeuvre. She stopped by the counselling centre at a friend's suggestion and left with confidence about starting college come August.

"I really didn't even think about all these details. I had no idea," she said. "I thought I was good to go."

THE ASSOCIATED PRESS



Erika Malone of St. Louis Community College talks with a prospective student and her mother at a drop-in centre in St. Louis that helps low-income students stay on track and make the transition to college. JEFF ROBERSON / THE ASSOCIATED PRESS

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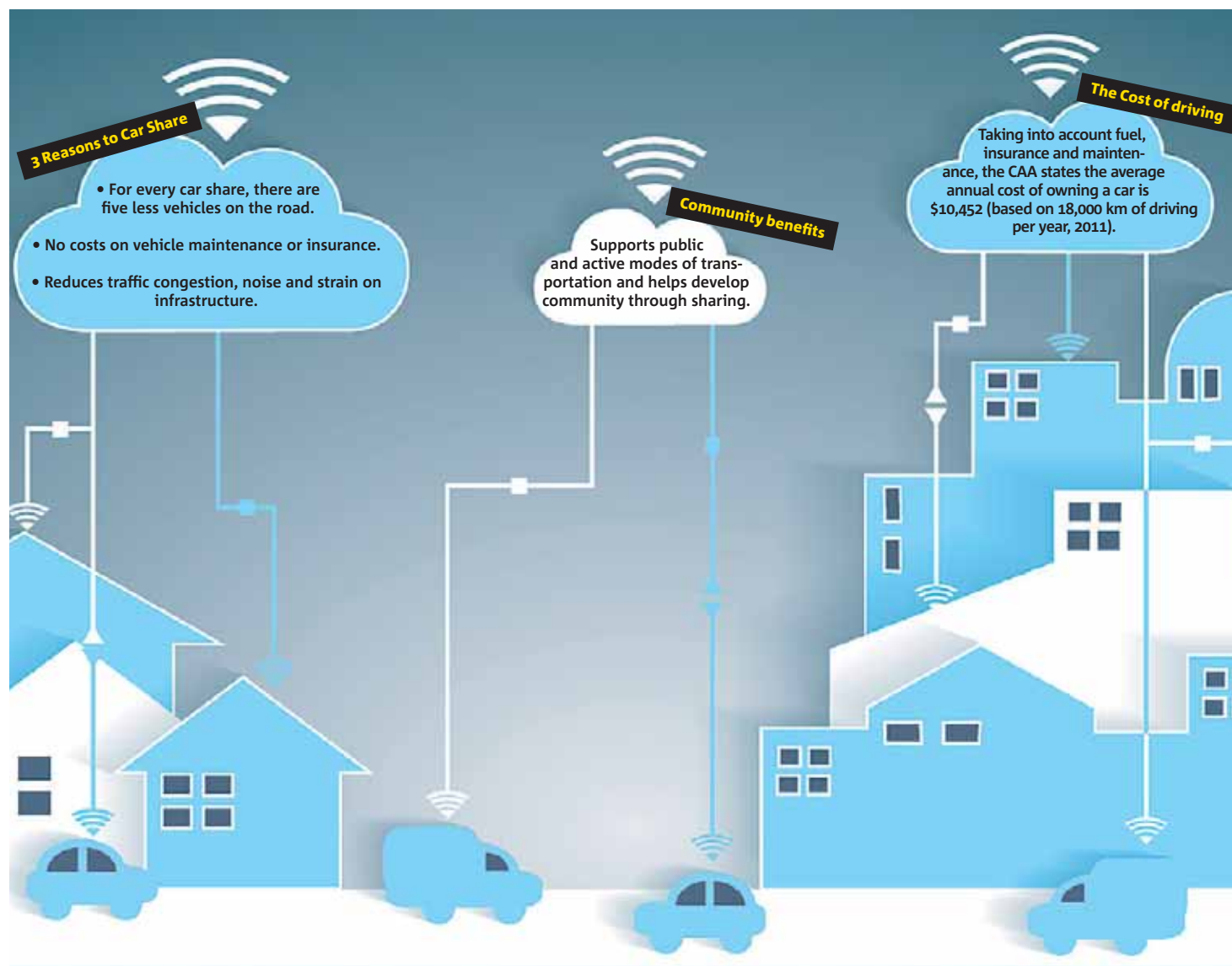
STEVE
GOW

Metro World News

There's no doubt that the rise of car-sharing co-ops has been impactful in Canada. Although urban centres have led the way, suburban towns are getting the message. If you're looking to start sharing, here are some of the most convenient ways to do it in some Canadian cities.

Car sharing in Canada

- **Regina.** The Regina Car Share Co-Op loans vehicles for as little as \$5 per hour. reginacarshare.ca
- **Ottawa.** VRTUCAR has over 100 fuel-efficient vehicles. vrtucar.com
- **London.** Community CarShare provides vehicles on a pay-per-use basis. communitycarshare.ca
- **Winnipeg.** Peg City Car Co-op has been around since 2011. pegcitycarcoop.ca
- **Edmonton.** E-town has no car-sharing co-ops. Motorists can use the city's Rideshare program. Email transplanning@edmonton.ca



Greater Toronto Area population: approximately 5.9 million

With such a dense population (and traffic snarling urban arteries), companies renting hourly vehicles such as Zipcar, Car2Go and AutoShare are certainly taking advantage. Stashing cars at many locations around the city, potential customers can easily walk to a nearby parking lot and pick up their ride. There is a slight difference in each company however. For instance, if you're looking to stock up on bulky groceries, don't go with Car2Go since they specialize in small, two-passenger SmartCars. Visit zipcar.ca, autoshare.com or car2go.com.

Greater Vancouver population: approximately 2.4 million

Vancouver also has Zipcar and Car2Go as viable vehicular options. But the West Coast city also proudly boasts Modo. Originating 17 years ago with only two cars, this company takes a grass roots approach to car sharing and costs start at merely \$7.50 an hour (plus fees). In all, the three companies have more than 800 vehicles spread across the metropolitan expanse. Visit modo.coop.

Calgary area population: approximately 1.4 million

Although Car2Go is also firmly settled in the Stampede City, Calgary Carshare is the leading member-owned, non-profit car-sharing company in Alberta. The co-op features two rate plans, the option of larger vehicles such as Dodge Caravans and has made its presence in the city since 1999. Nowhere is carsharing more suitable than in the sprawling landscape of Calgary, where it seems everyone drives! Visit calgarycarshare.ca.

Saskatoon area population: approximately 292,600

Relatively new on the prairies, The Saskatoon Carshare Co-op was recently incorporated and the community-owned enterprise is still growing — but then so is this booming city. Still, they may only have a two-car fleet of Nissan Versas but both are available to co-op members and casual drivers 24 hours a day for as little as \$8 per day (plus fees). Visit saskatooncarshare.com.

Metropolitan Halifax area population: approximately 408,700

At just a few years old, CarShare HFX is also in its juvenile stages, but growth has been steady. Although membership is a bit costly and convoluted (with several types of memberships), CarShare HFX vehicles feature such benefits as free parking at "pay and display" lots on the waterfront. Plus, members can receive discounts at several retailers in town. Visit carsharehfx.ca.

A summer masterpiece: Chicken with Salsa

**TOTAL
TIME
ABOUT 20
MINUTES**



This recipe serves six. ROSE REISMAN



ROSE REISMAN
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Outdoor living goes hand in hand with barbecuing, and a perfect choice for the grill is chicken breast.

Boneless chicken breast without the skin is one of the leanest meats you can enjoy.

Consider that a four-ounce

Ingredients

Salsa

- 1 1/2 cups diced crisp watermelon
- 1/3 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 3 tbsp fresh mint or cilantro
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 tsp minced jalapeno
- 1/2 tsp finely chopped garlic
- 1 oz crumbled feta cheese
- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)

of fat and one gram of saturated fat compared to a fatty steak, which has more than 300 calories, 23 grams of fat and nine grams of saturated fat.

Now, add a delicious seasonal salsa over top and you have created a masterpiece.

Watermelon, avocado, jalapenos and a squeeze of lemon is all that's needed.

The fresh and crispy texture of the salsa goes well with dining outdoors.

To prevent excess liquid, dice watermelon just before cooking chicken and drain any excess liquid.

Directions

1. Prepare the salsa by combining the watermelon, red bell

pepper, avocado, mint, lemon juice, zest, olive oil, jalapeno and garlic in a bowl.

2. Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken breasts, turning half way just until cooked or internal temperature reaches 165 F. Serve the salsa on the grilled chicken, garnish with crumbled feta.

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Lunch. Cold Mango Soup

In the heat of summer, a bowl of hot soup is the last dinner choice to come to mind.

However, a chilled fruit soup is not only refreshing, but a light and nutritious way to start a meal. This Cold Mango Soup is creamy, flavourful and only contains 99 calories and three grams of fat per serving.

If you want the beautiful swirl on top of each bowl, just add a quarter of a cup of light yogurt to a small baggie.

Using a pair of scissors, cut a very small hole in the

corner of the bag. Ladle the soup into bowls and squeeze the yogurt in straight lines across the soup. Drag a toothpick from one end of the soup through the lines to the other.

1. In a nonstick saucepan, heat oil over medium heat. Add onions and garlic; cook, stirring 4 minutes or until browned.

2. Add stock. Bring to a boil; reduce heat to medium-low and cook 5 minutes or until onions are soft.

3. Transfer mixture to a food processor. Add 2 cups of the mango. Purée until smooth. Stir in remaining chopped mango.

4. Chill 2 hours or until cold. Serve with a dollop of yogurt or make the design as described in the introduction and garnish with a mint leaf.

ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1/2 cup chopped onions
- 2 tsp minced garlic
- 2 cups vegetable or chicken stock
- 2 1/2 cups chopped ripe mango (about 2 large)
- Garnish (optional)**
 - 2% plain yogurt
 - Mint leaves

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Sly Roger Sloan sinks sudden-death winner

Nova Scotia Open.

Canadian with Halifax ties fights off U.S. contenders at Ashburn

KRISTEN LIPSCOMBE

kristen.lipscombe@metronews.ca

It was a storybook ending Sunday for Roger Sloan.

The 27-year-old golf pro from Merritt, B.C., won the first-ever Nova Scotia Open, and his first-ever Web.com Tour title, with an eight-foot par putt on the first hole of a sudden death playoff against Derek Fathauer of Jupiter, Fla.

It was the 37th hole of the day for a couple of tough competitors, but the exhausting two-round-plus session under sunny skies at Ashburn Golf Club in Windsor Junction paid off for both.

Sloan won \$117,000 and Fathauer pocketed \$70,200 of the \$650,000 total tournament purse.

After being presented with the trophy — and a giant cheque — the inaugural Nova Scotia Open winner posed for photos on the 18th hole, in front of awestruck admirers. That included mom Cathy, who had shown up at Ashburn earlier in the week as a surprise, and whom he hugged in celebration as cameras clicked away.

Sloan also took a moment to embrace — and kiss — his glistening prize made by NovaScotian Crystal.

Leaderboard

- *T-1. Roger Sloan, Merritt, B.C. (-11)
- T-1. Derek Fathauer, Jupiter, Fla. (-11)
- 3. John Mallinger, Long Beach, Calif. (-8)
- T-4. Kyle Thompson, Greenville, S.C. (-7)
- T-4. Zack Fischer, Texarkana, Tex. (-7)
- T-4. Henrik Norlander, Stockholm, Sweden (-7)

* won in playoff.

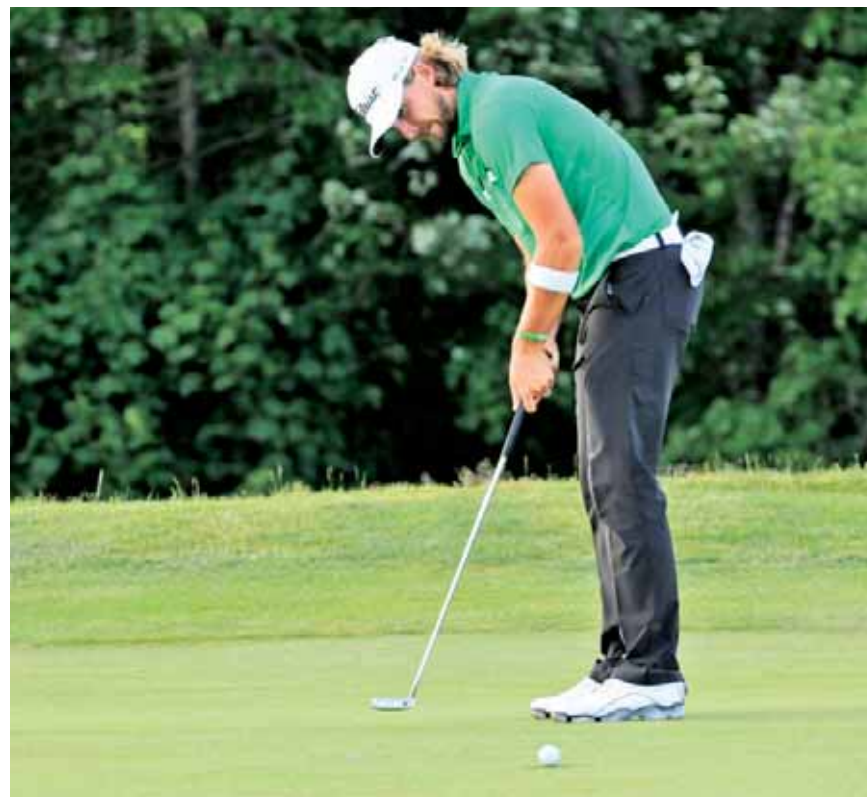
"I don't know what feels better, to win or to finally be done today," he joked to media when he finally sat down.

Sloan, who jumps to 12th on the tour money list, said he paid little attention to the leaderboard Sunday.

"I saw a leaderboard coming down my eighth hole, and I knew that I was tied with Derek at 11-under," Sloan said.

"On the back nine, I had no idea," he added. "I knew that if I just kind of focused one shot at a time, it was just kind of take care of itself."

Sloan and Fathauer fought for the top spot through much of the final round, but spectators favoured the Canuck with claps and cheers. One of Sloan's biggest challenges came on the



Calgary's Roger Sloan watches his winning five-foot putt drop on the first playoff hole of the Web.com Tour's Nova Scotia Open on Sunday at Ashburn. MONA GHIZ/NOVA SCOTIA TOURISM

17th hole of the final round, when he found himself down a hill and into the hazard.

He knocked it away from some tall weeds, with a little help from the wind.

"I hit it right away," Sloan said. "As long as I could get a

club on it, it was better than those weeds standing straight up."

Sloan said he had wanted to win the Nova Scotia Open since hearing "it was in the works," as he feels an attachment to this province.

His great-grandfather's family emigrated from Holland through Pier 21.

"Halifax has some family history," he said. "When I got here off the plane, you just take a deep breath, and you just know you're in Canada."

Drama makes for 'memorable' tourney

From Arthur's unpredictable winds to Roger Sloan's extra-hole win, organizers say the inaugural Nova Scotia Open was a golf tournament to remember.

"We always wanted the first one to be memorable," tournament director Grant MacDonald said Sunday evening at Ashburn Golf Club in Windsor Junction, as a long day of two full 18-hole rounds, in addition to a playoff hole to determine Sloan as champion, came to a close.

The third round of the Web.com Tour event was rescheduled from Saturday due to post-tropical storm Arthur

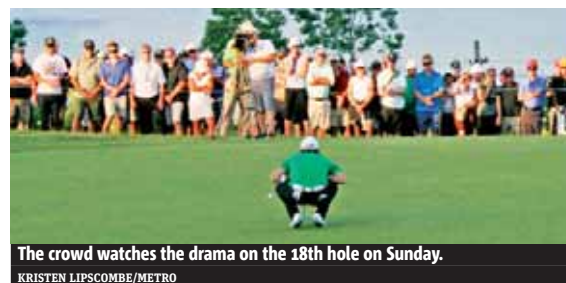
Steady crowds

"It showed the tour, and it showed the television audience, just what Halifax and Nova Scotia are all about."

Tournament director Grant MacDonald

blowing through the province, being squeezed in prior to the final round Sunday.

The tour's only Canadian tournament started Thursday as part of the weeklong GOLfest Nova Scotia, and was supposed to be played over four



The crowd watches the drama on the 18th hole on Sunday.

KRISTEN LIPSCOMBE/METRO

days, not the shortened three.

"We had a day cancelled, so that certainly impacted attendance," MacDonald admitted, but added "having lost a full day, the attendance has ex-

ceeded our expectations."

MacDonald's comments were backed up by buzz around the club that the gallery lining the green was busy for any Web.com Tour stop, let alone

its first time in Nova Scotia.

"The crowds today, from the minutes we opened the gates until mid-afternoon, there was a steady flow of people," he said.

The Nova Scotia Open crowd was large enough to help raise \$64,000 for local charities, including \$48,000 for the QEII Foundation via the Mike Weir Foundation, and another \$16,000 for Feed Nova Scotia and the Nova Scotia Sport Hall of Fame.

Spectators surrounding the 18th hole cheered loudly at that announcement, made prior to the trophy presentation.

KRISTEN LIPSCOMBE/METRO

Joker gets last laugh in Wimbledon final

Back on top. No. 1 Djokovic wins four-hour match against Federer for his seventh Grand Slam title

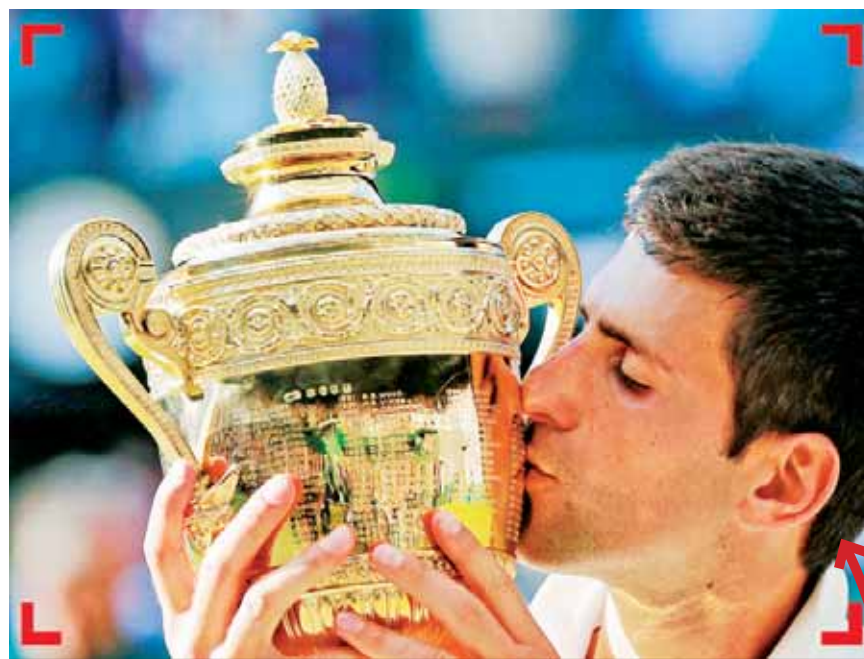
Novak Djokovic's large lead in the rollicking Wimbledon final was slipping away, due in no small part to Roger Federer's regal presence and resurgent play.

No man has won tennis's oldest major tournament more often than Federer, and he was not about to let it go easily. Djokovic went from being a point from victory in the fourth set to suddenly caught in the crucible of a fifth, and knew all too well that he had come up short in recent Grand Slam title matches.

Steeling himself when he so desperately needed to, Serbia's Djokovic held on for a 6-7 (7), 6-4, 7-6 (4), 5-7, 6-4 victory after nearly four hours of momentum shifts Sunday to win Wimbledon for the second time — and deny Switzerland's Federer what would have been a record eighth championship at the All England Club.

"I could have easily lost my concentration in the fifth and just handed him the win. But I didn't, and that's why this win has a special importance to me, mentally," Djokovic said. "I managed to not just win against my opponent, but win against myself, as well, and find that inner strength."

Cradling his trophy during the post-match ceremony, Djokovic addressed Federer directly, saying: "I respect your



Novak Djokovic kisses his trophy after defeating Roger Federer at Wimbledon, Sunday. BEN CURTIS/THE ASSOCIATED PRESS

The Canadians

- Petra Kvitova of the Czech Republic beat Eugenie Bouchard 6-3, 6-0 on Saturday in the women's final to claim her second Wimbledon title, ending an impressive run by the 20-year-old Canadian at the All England Club.
- Vancouver's Vasek Pospisil and American partner Jack Sock won the Wimbledon men's doubles title on Saturday in an upset of the defending champions Bob and Mike Bryan of the United States 7-6 (5), 6-7 (3), 6-4, 3-6, 7-5.

career and everything you have done. And thank you for letting me win today."

Even Federer had to smile at that line.

Truth is, Djokovic deserved

plenty of credit for figuring out a way to raise his Grand Slam total to seven titles, allowing him to overtake Rafael Nadal at No. 1 in the rankings.

"Novak deserved it at the

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end, clearly," said Federer, who hadn't been to a Grand Slam final since winning his 17th major at Wimbledon in 2012, "but it was extremely close."

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K.O. Rousey expanding already lethal arsenal

The (Rowdy) Ronda Rousey legend grows.

On Saturday night, the UFC women's bantamweight champion flattened Alexis Davis in 16 seconds as the Canadian challenger never knew what hit her.

The 16-second knockout is tied with Frank Shamrock's win over Kevin Jackson for second-fastest in a UFC championship fight. Andrei Arlovski's 15-second KO of Paul Buentello is the fastest.

Rousey, who came to MMA from judo where she won Olympic bronze, has now won all 10 of her fights with nine first-round finishes. The 10 wins have lasted a total of 24 minutes 48 seconds.

And Rousey is expanding her arsenal.

Her first eight finishes were all by armbar submission. Then she dropped Sara McMann, an Olympic silver medalist in wrestling, with a knee to the liver.

And she stunned Davis with a punch and knee at the centre of the cage, before tossing her to the ground with a hard



Ronda Rousey THE ASSOCIATED PRESS

judo throw and finishing her off with some 10 punches to the face.

Rousey has set even higher goals.

"I still have a lot of improvements to make," she said. "I want to retire undefeated and be known as one of the greatest of all time and that takes a lot more work than what I have done so far."

The next possible marquee matchups for Rousey are No. 1 contender Cat Zingano, Cris (Cyborg) Santos and Gina Carano. THE CANADIAN PRESS

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Oakland's Jeff Samardzija works against the Blue Jays on Sunday, in Oakland, Calif. BEN MARGOT/THE ASSOCIATED PRESS

Jays still trying to spell Samardzija

Poor offence. Newest A's acquisition's stellar seven innings wrap up four-game sweep

Jeff Samardzija pitched seven strong innings to win his Oakland debut and the Athletics beat the Toronto Blue Jays 4-2 on Sunday to complete a four-game sweep.

Samardzija, acquired a day earlier in a trade with the Chicago Cubs, received several standing ovations. He was cheered during pregame warm-ups and again after striking out the side in the seventh.

Samardzija gave up one

run and four hits. He struck out five and walked one while earning his first win since June 7.

With the Cubs, Samardzija was 2-7 despite a 2.83 ERA.

Jed Lowrie had two hits and scored twice, and leadoff hitter John Jaso added a pair of hits and an RBI for the A's, who won their fourth straight following a three-game sweep in Detroit.

Stephen Vogt singled and tripled to help the A's complete their first series sweep of the Blue Jays since taking a three-game series in 2000. Oakland hadn't swept a four-game series from Toronto since May 22-24, 1981.

THE ASSOCIATED PRESS

MLB all-star selections

- Oakland has its most all-stars since 1975: Pitchers Sean Doolittle and Scott Kazmir; catcher Derek Norris; infielders Brandon Moss and Josh Donaldson (starter); and outfielder Yoenis Cespedes.

- For the Blue Jays, outfielder Jose Bautista (starter), infielder Edwin Encarnacion and pitcher Mark Buehrle were selected.

Takes \$1M

Lexie Lou wins Queen's Plate

Mark Casse finally has his first Queen's Plate victory.

Filly Lexie Lou captured the \$1-million race Sunday at Woodbine Racetrack, giving the six-time Sovereign Award winner as Canada's top trainer his first Plate win. The 53-year-old American came close in 2011, finishing second to Inglorious with Hippolytus. THE CANADIAN PRESS

Tour de France

Shark surges to take yellow jersey

Italy's Vincenzo Nibali displayed rivals to win Tour de France's Stage 2 on Sunday, taking the yellow jersey after a well-choreographed attack on rivals in the postindustrial English city known for The Full Monty.

The 29-year-old has won Italy's Giro and Spain's Vuelta, but has never cycling's top event.

THE ASSOCIATED PRESS

World Cup

Brazil attendance ranked 2nd overall

World Cup attendances are set to achieve the second-highest average in tournament history.

FIFA says the average crowd after 60 matches in Brazil is 52,762, beating Germany 2006 with 52,491.

The record was set in the United States at the 1994 World Cup, when an average of 68,991 attended.

THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your
Metro News app for today's
crossword and Sudoku answers.
It's OK. No one's watching.



See the full
instructions
on Metro's
Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Partnership issues and money
issues will be important today. If
nothing else, you must resist
the urge to splash out on
expensive gifts for loved ones.

Taurus

April 21 - May 21

Life may a struggle right now
but on the plus side, you will
learn something useful. You are
here for a reason. Stop
complaining and start living.

Gemini

May 22 - June 21

There are times when it is right
to act on a hunch and this is
one of them. With surprises
planet Uranus strong in your
chart, you should act on what
your inner voice is telling you.

Cancer

June 22 - July 23

If you let your fears get the
better of you today you will
regret it later when you realize
what a great opportunity you
have allowed to pass by. If you
see an opening, go through it.

Leo

July 24 - Aug. 23

You may be tempted to let a
rival off the hook today but the
planets warn that may not be
a good idea, if only because it
is likely to encourage others to
take advantage of you too.

Virgo

Aug. 24 - Sept. 23

You can make yourself happy or
sad — the choice is yours. The
effort that goes into being
depressed can be diverted into
finding things that delight you.

Libra

Sept. 24 - Oct. 23

The more nice things you say
about others today, the more
nice things they will do for you
in the near future. You will, of
course, have to make your
compliments sound sincere.

Scorpio

Oct. 24 - Nov. 22

Take a less provocative
approach with people you have
been in disagreement with.
Your differences are not so wide
that you cannot find areas
where you both can agree.

Sagittarius

Nov. 23 - Dec. 21

You may think your charm will
get you everything you desire,
but that is not an excuse to cut
corners. Everything balances
out, so if you cheat others now
you will pay for it later.

Capricorn

Dec. 22 - Jan. 20

Every once in a while — like
today — you do something that
shocks even those who know
you well. Tomorrow, no doubt,
you will be making apologies.

Aquarius

Jan. 21 - Feb. 19

Don't give up on a relationship
just because it is going through
a bad patch. It is times like these
that test your commitment. If
you hang in there, the tide will
turn in your favour soon.

Pisces

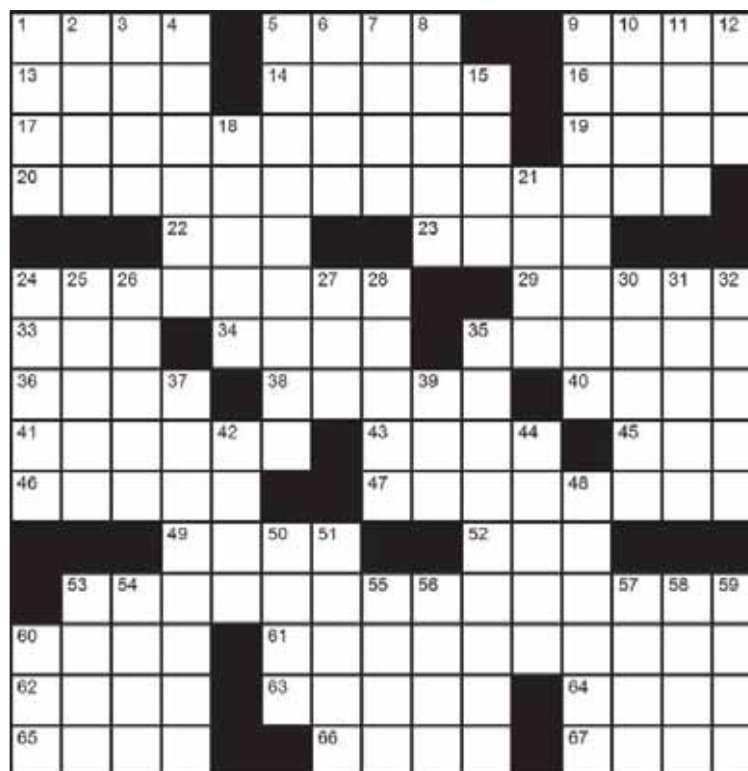
Feb. 20 - March 20

If an issue is causing you
sleepless nights, focus your
mind on something else.
Eventually you may find that
you no longer care who wins.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Paul Bunyan's blue ox
5. Manitoba locale, with Flon
9. Look over
13. Mr. Rickman
14. Put together some sort of contraption: 2 wds.
16. Hawkeye State
17. East Coast people
19. Ceramics oven
20. Regina: RCMP ___ Parade
22. Impair
23. Q. "___" a show George Clooney starred on?" A. "Yes."
24. Richard Branson's space tourism company, Virgin ___
29. Visual arts univ. in Halifax
33. Ginger drink
34. Deep Purple song
35. Scott of "Quantum Leap"
36. Faint
38. Words to live by
40. Annual, for short
41. Ancient temple complex in Egypt
43. Actor Paul
45. Caesar's 502
46. Do some PI work: 2 wds.
47. Actress Tiffani
49. Succeeds
52. Morse Code bit
53. Toronto, in the film industry: 2 wds.
60. Helvetica, for one
61. PEI: ___ - ___ óFort



- Amherst National Historic Site of Canada
62. To, archaically
63. "Pink Shoe Laces" by ___ Stevens
64. Isle of Scotland's Inner Hebrides
65. ___ signs

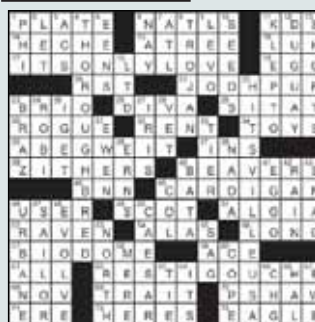
66. Floral arrangement
67. Leave in, to an editor
- Down**
1. Loud sounds
2. Wings: Latin
3. "Roseanne" name

4. "Return to Innocence": 1994 hit for ___
5. Sherwood Forest denizen: 2 wds.
6. Outline
7. "___ Around" by The Beach Boys
8. Olympic runner

- nicknamed 'The Flying Finn', Paavo ___ (b.1897 - d.1973)
9. Big name in helicopters
10. Coconut fibre
11. Hole-making tools
12. Grandma

15. Pro bono TV spots
18. Instruct
21. Actress Ms. Malone
24. Rubbernecks
25. ___ of faith
26. Comedian/actor Denis
27. Medit. Sea land
28. Silica rock
30. ___ and whey
31. "Kate & ___" ('80s sitcom)
32. "Another ___ Paradise" by Phil Collins
35. Rectangular-shaped guitar legend: 2 wds.
37. Canadian journalist Mr. Nash (b.1927 - d.2014)
39. "What?"
42. Indigo dye
44. Country songstress Ms. Carter
48. Screens in Japanese decor
50. Big Apple force [acronym]
51. Hawk's spotting-prey move
53. Fine-tune
54. Not tricked: 2 wds.
55. "___ you want pizza instead?" (Takeout query)
56. Mr. Redding
57. A&W ___ Beer
58. Ms. Daly
59. Sun's output
60. Merriment

Friday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every
row, every column and
every 3x3 box contains the
digits 1-9. There is no math
involved.

Friday's Sudoku

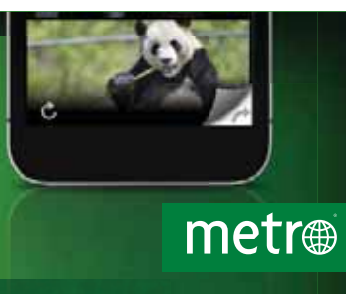
7	2	4	6	1	5	9	8	3
6	9	3	8	4	7	2	5	1
1	8	5	3	9	2	7	6	4
9	3	2	5	7	1	8	4	6
4	1	6	9	3	8	5	2	7
8	5	7	4	2	6	3	1	9
2	4	8	7	6	9	1	3	5
5	6	9	1	8	3	4	7	2
3	7	1	2	5	4	6	9	8

	6			1				
1			6	9		7	2	
8		7					9	
	2	3		5				
			4		9			
				2		4	1	
	1					3		6
	4	6		8	5			2
			2				5	



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~~\$27,509~~ FROM **\$22,990*** **\$0** DOWN

**SAVE
\$4,519**

**8
LEFT**

\$136* BW

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FLORIDA WITH PURCHASE**



**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



2013 HYUNDAI SANTA FE

PREMIUM AWD, AUTO, A/C, POWER GROUP, AWD,

~~\$32,159~~ FROM **\$25,990*** **\$0** DOWN

SAVE \$6,160

**3
LEFT**

\$153* BW



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FLORIDA WITH PURCHASE**



2013 HYUNDAI ACCENT GL

4 DOOR, AUTO, A/C, POWER GROUP

~~\$18,244~~ FROM **\$13,990*** **\$0** DOWN

SAVE \$4,254

**13
LEFT**

\$83* BW



**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



2013 HYUNDAI ELANTRA GL

4 DOOR, AUTO, A/C, POWER GROUP,

~~\$21,094~~ FROM **\$15,990*** **\$0** DOWN

SAVE \$5,104

**5
LEFT**

\$95* BW



**FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE**



2013 HYUNDAI SONATA GLS

AUTO, A/C, POWER GROUP,

~~\$27,649~~ FROM **\$17,999*** **\$0** DOWN

SAVE \$9,650

**3
LEFT**

\$122* BW

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